What is claimed is:

1. A method of treating a disease state selected from the group consisting of autism, multiple sclerosis, eneuresis, Parkinson's disease, amyotrophic lateral sclerosis, brain ischemia, stroke, Cerebral palsy sleep disorder, feeding disorder and AIDS-associated dementias, comprising the step of administering to an individual suffering from the disease state an amount of a liposome composition effective to alleviate conditions associated with the disease state, said liposome composition prepared by a method comprising the steps of:

a) mixing a combination of lipids wherein said combination includes at least one lipid component covalently bonded to a water-soluble polymer;

b) forming sterically stabilized liposomes from said combination of lipids;

c) obtaining liposomes having an average diameter of less than about 300 nm; and

d) incubating liposomes from step (c) with a biologically active amphipathic compound under conditions in which said compound becomes associated with said liposomes from step (c) in an active conformation, wherein at least one amphipathic compound is a member of the VIP/glucagon/secretin family of peptides including peptide fragments and analogs.

2. The method according to claim 1 wherein said liposome composition comprises unilamellar liposomes.

3. The method according to claim 1 wherein said liposome composition comprise multivesicular liposomes.

4. The method of according to claim 3 wherein said multivesicular liposomes are produced by carrying out the steps of sequentially dehydrating and rehydrating liposomes obtained in step (c) with said biologically active peptide.

5. The method according to any one of claims 1 through 4 wherein said water-soluble polymer is polyethylene glycol (PEG).

6. The method according to claim 1 wherein the amphipathic compound is characterized by having one or more α- or π-helical domains in its biologically active conformation.

7. The method according to claim 6 wherein the amphipathic compound is a member of the vasoactive intestinal peptide (VIP)/growth hormone releasing factor (GRF) family of peptides.

8. The method according to claim 7 wherein the amphipathic compound is a member of the VIP/glucagon/secretin family of peptides, including peptide fragments and analogs thereof.

9. The method according to claim 1 wherein the liposomes obtained in step (c) have an average diameter or less than about 200 nm.

10. The method according to claim 9 wherein the liposomes obtained in step (c) have an average diameter or less than about 100 nm.

11. The method according to any one of claims 1, 8, or 9 wherein the liposomes are obtained in step (c) by extrusion to form liposomes having a selected average diameter.

12. The method according to any one of claims 1, 8, or 9 wherein the liposomes are obtained in step (c) by size selection.

13. The method according to claim 1 wherein the combination of lipids consists of distearoyl-phosphatidylethanolamine covalently bonded to PEG (PEG-DSPE), phosphatidylcholine (PC), and phosphatidylglycerol (PG) in further combination cholesterol (Chol).

14. The method according to claim 13 wherein the combination of lipids are combined with cholesterol in a PEG-DSPE:PC:PG:Chol molar ratio of 0.5:5:1:3.5.